

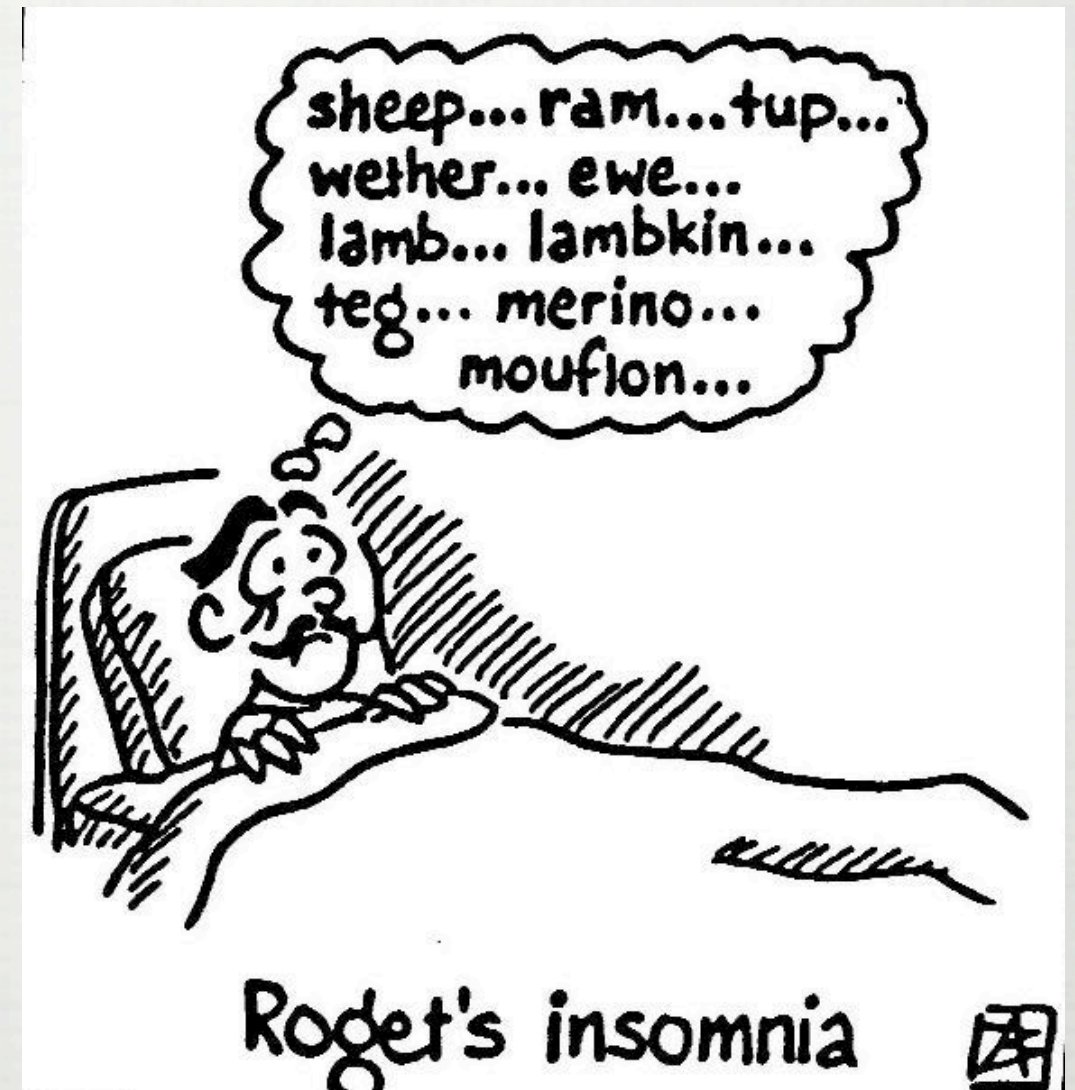
# INSOMNIA RELATES TO DEPRESSION AND MORE

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# WHAT IS INSOMNIA?

- INSOMNIA IS THE MOST COMMON SLEEPING DISORDER THAT PEOPLE GET. IT IS WHERE PEOPLE HAVE TROUBLE FALLING ASLEEP AND STAY AWAKE. "ABOUT 30 PERCENT OF THE ADULTS HAVE SYMPTOMS OF INSOMNIA" (AMERICAN ACADEMY OF SLEEP MEDICINE).





# INSOMNIA AMONG TEENS LEAD TO MENTAL STRESS

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- STUDIES HAVE FOUND THAT LACK OF SLEEP ESPECIALLY AS A ADOLESCENT AFFECTS THE MENTAL PART OF THE BRAIN. IT IS FOUND THAT ADOLESCENTS WHO GETS INSOMNIA IS 2.3 TIMES LIKELY TO GET DEPRESSION LATER ON IN THE LIVES COMPARED TO AN ADOLESCENT WHO DOES NOT HAVE INSOMNIA.

# GENDER BASED STUDIES

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RESEARCH HAS FOUND THAT THERE WERE SLIGHT DIFFERENCES BETWEEN MALE AND FEMALE WITH INSOMNIA AND HOW THEY DEALT WITH THEIR DEPRESSION. HOWEVER THEY WERE MERELY THE SAME EXCEPT FOR DIFFERENT LEVELS OF DEPRESSION. IF ON THE WORSE CASE OF DEPRESSION, TEENS EVEN THOUGHT ABOUT COMMITTING SUICIDES

MALE	FEMALE
endorse alcohol use, cannabis use, and the use of other drugs,	likely to develop depression as twice as much



# REOCCURRENCE OF DEPRESSION AMONG ELDERLY

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- NOT ONLY DOES INSOMNIA HAVE AN EFFECT IN TEENAGE DEPRESSION, STUDIES HAVE ALSO FOUND SOMETHING SIMILARLY HAPPENS AMONG OLDER ADULTS. THESE ELDERLY ARE PEOPLE WHO HAS ALREADY EXPERIENCED A SERIOUS OR NON SERIOUS DEPRESSION WHEN THEY WERE YOUNG. SO WHEN YOU DO NOT SLEEP THE DEPRESSION THAT THEY HAD A LONG AGO WOULD COME BACK OR REOCCUR.



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